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Conversation with Jim Gordon - December 5, 1983

Answers to questions of November 14th, 1983

K: You mention using your soul body to travel in the astral. Describe the astral Body.

J: There are different levels of vibrational planes that exist in the world. Some people would call them dimensions. The astral is just one level of vibration or a dimension. The astral body is a vehicle just like the physical body is a vehicle - the astral body is a shell in which the consciousness can move in and in a sense dwell in the astral plane consciously for a period of time. We all have an astral body - it's also called an emotional body - it shows up in the aura - it registers in the aura. It's just a vehicle, just like this is a vehicle to travel through a certain dimension. The thing with the astral body is that as you begin to develop and become more spiritually oriented, you actually raise the vibrational pattern of your consciousness to where you no longer utilize the astral body because the vibration of your consciousness, of your awareness is actually higher than that of the astral body. And actually you sort of leave the astral body sort of unused. And then you begin to use the mental body, which is a higher vibrational pattern. And then as you continue in your meditation and your soul development, you'll eventually bypass the mental body by outgrowing it's vibration. Then you'll begin to use the soul body. Now with the soul body you can travel through all the different dimensions - you're not limited. In the astral body you are limited to the physical and astral realm. With the mental body you can not enter into what would be called the soul realm. But with the soul body you are not limited and can enter into any of the realms.

K: You said before that you use your soul body to travel through the astral and

etc. In this lifetime, have you gone through those stages, the astral, the mental?

J: Oh yeah, when I was younger I used the astral body all the time. At times I still do. Once in a while if I get really caught up in an emotional situation within my own life and that's where my consciousness tends to be at that time, I'll utilize the astral body. It's one of the guideposts I have because I know as to where I'm focused what body I'm using.

K: You say this all of these - register in the aura.

J: Within the aura there's what's called the double etheric, then there's the astral.

K: The double what?

J: Double etheric. It's a vehicle again - it's really just a shell. It's the closest that the spiritual realm comes into the physical world without becoming material - a physical reality. It's the shell upon which the physical atoms are collected together to create the physical body and that's why they call it the double etheric because it's like a double image in the physical body. And that's the closest area right around the physical body in the aura - it's usually just a smokey white color. The astral body registers outside of the double etheric in what would be called the emotional plane of the aura. That encompasses the lower part of the physical body from the feet up to around the throat area I would guess. I'm trying to remember how it looks in the aura all the time. I just kind of take it for granted - I never pay that much attention. It usually goes not above the throat I don't think. That's the astral or emotional nature. It extends out - it depends upon how much the person is dealing with emotions. It may be just an inch or two or three maybe out to a couple of feet.

(Kaye laughs) You go out for about two yards. (Both laugh)

K: You knew what I was going to ask, eh? Laughter. I go out for two yards, eh?
No suprise. All right, then we go to the mental, which probably is around the head?

J: Yes. That encompasses an area really of the whole physical body. It kind of encompasses the astral body and up around the head, but it mainly registers around the head area - the shoulders and the head is where I see the activity. It may register elsewhere strongly but that's where I usually see the activity for the mental body. And then around that you have what is called the egoic egg, in which the whole aura is encompassed by the soul. (huh!) And it's called the soul body or the soul level of the aura.

K: The whole aura is encompassed by the soul body. (Yes) O.K., lets go back to the mental body for a minute. You said the astral body registers as kind of a smokey white?

J: No, the double etheric registers as a smokey white. The astral will reflect where you are emotionally at that time, so it will depend upon where you are as to what colors will show up there.

K: Let's take an example. Let's take me when I'm out two yards (laughter) What color am I?

J: Well, it depends upon the conditions you are under. For a while you had a lot of a kind of a rusty orange in your aura. That to me represents that you were having a very hard time with self-respect. Orange has a lot to do with self-respect on the emotional level and the clearer the orange is, the more the

person has self-respect. The darker or the muddier it is, the harder it is for them to have self respect. And you were going through an analysis at the time I was up there and you were dealing with how much you really respected yourself. You were learning a new level of self respect - so that's why you were kind of a muddy color at that time. It just has to do with the clarity of the color as to what's happening.

K: And it was basically the relationship with Phil, right?

J: Yeah. You were having to learn respect. You were having to say, who do I respect here, myself, Phil or is it lack of respect for both of us that I hang in there and what's happening. You were having take a stand. And when you take a stand like that, it's gaining self-respect.

K: Well, maybe I'm brighter.

J: Yeap, you are now.

K: You can tell? (Yep) Really? (Oh, sure) That's neat. So you can see me right now. (Um huh) Huh! O.K.

J: A lot of people that have lower back problems also have problems with self-respect because the orange usually affects the chakra center in the lower part of the body. I'm not sure what it would be called, maybe a coxix, in the lower part of the back. It tends to affect the lower part of the back when people are having a hard time with self-respect because the energy tends to clog up there.

K: But there are other colors also that can register in the astral too? (Oh yeah) So it has nothing to do with the fact that my sign is Leo that orange is

predominant.

J: No, I didn't even know that.

K: So what would a blue or a green mean?

J: Well, you always hear people talk about "Gosh, you look blue today, what's wrong?" What it is is that they're sensing, even though they don't realize it, they are sensing or seeing clairvoyantly a blue cast to a person's aura, meaning that they are depressed. A real dark murky blue shows a mental or emotional depression - the clearer the blue, the more peaceful and at one they are with themselves.

K: So there's more than one color in that particular part?

J: Sure. You've heard people say, "I'm looking at the world through rose colored glasses - that means that that day or at that period in their lives that they are feeling very much loved by people and things and they are loving everything around them as well. Rose is an aura of love. So there's wisdom to all these phrases that people say though they don't realize the understanding of it. There is a great deal of truth to it.

K: We were in the astral colors, right? (yes) Well, let's go to the mental.

J: Again the colors are much the same, but when you go to the mental plane the colors hit a different chakra sign. Like orange in the astral tends to reflect more into the coxix center and in the mental plane the orange tends to reflect more in the solar plexus. The color is kind of raised to a different chakra center - there's a fluctuation of energy that seems to change for some reason,

which I don't really understand. The meanings may be a little bit different because then the orange in the mental body represents, and this is my own interpretation, that a person is having trouble in releasing people and not holding on to them. Or that they are having problems with their mental image as to the way that they project to others or the way they feel others perceive them. Again, it's a level of self-respect but it's at a different level of perception - it's more of a mental attitude now and it tends to reflect in the solar plexus.

K: The solar plexus is right about in the middle, right? (Around the liver, spleen area) And the mental reflects other colors too?

J: Oh yes, it'll reflect all the different colors - red - orange - blue - green yellow, you know.

K: Let's do an example again - let's do me.

J: Well, in the mental body you were reflecting green, and it was sort of a chartreuse, yellow-green. It was showing the fact that you were struggling with growth - self growth, self-understanding and that you were also trying to heal. Green is both a color for healing and for growth. Since it was reflecting in the mental body it was showing that you were trying to come to some mental understanding of the whole situation around you. In the striving in coming to and understanding there was growth in the mental part of your being - in the mental nature. And this is important because what you were doing is that you had feelings, a lack of self-respect, and you were taking that self-respect to the mind and trying to get an understanding of those feelings, rather than just have those feelings all the time like you've had in the past. So what you were doing was getting thoughts or understanding of your feelings. And that's the

important key for growth - you have to have a balance between the two levels - the astral, emotional nature and the mental nature. You have to have a thought for every feeling and a feeling for every thought. That's when you are balanced and that's when you can really be creative. When you are out of balance you either live on feelings or live on mind and you don't have an understanding of what it is you think in the sense of a feeling sense or you don't have the knowledge of what your feelings are all about - that's out of balance. So what you were doing is that you were learning to gain self-respect through understanding that self-respect through the mind. (That's interesting) Now the yellow is cast into the green showing that there is a couple of things going on - one you were striving to understand wisdom of the whole situation but in striving to understand the wisdom, it was actually causing a sense of jealousy that was reflecting in your system and so some of the reactions that you had were out of jealousy. So this is where you were trying to get the understandings for your feelings and there was some jealousy coming up then as you were beginning to get this - I don't know if it was because you were seeing other people around you that had gained this self respect long ago and you were trying to find out why you hadn't - I don't know. (Uh, that's possible) But that was all worked out as well.

K: Oh, really? So you can see that too.

J: Yeah, there's still just a tinge of yellow there but for the most part it is a much clearer green.

K: That's lovely. I like green. (Good) In the mental you have been talking mainly about yourself or onesself...the mental business, I guess I think of that as how I think, how I perceive things, including things like work and whatever.

J: Your aura is constantly changing, too. With every new thought or every new feeling

there's a different register of color, because the vibration is changing. And so as the vibration changes, the color will change with it. So you don't just have one color always at work, it's several colors going on at one time.

K: What I guess you are saying is that you can see the energy that the astral, mental and soul bodies of a person give out but that there's no real way to describe it. Is that right? I mean...I don't know...I mean the astral body's not like an airplane or something?

J: I don't know exactly what you mean...do you mean/^{what}does the astral body look like in comparison to the physical body?

K: Yeah, and the mental body and the soul body.

J: Well, because of the way we react and have conditioned our thinking, it takes on the shape of the physical body. (Oh, it does?) Yeah. (All of them?) IT has the same features and the same shape and everything that this physical body has.

K: So is that the way you can recognize people when you travel? (yeah.) Hey, all right. That makes sense - that's how you knew Bobby Kennedy was on Mars. O.K., well I guess we'll have to get to that one later. So the astral body looks, to you, like the physical body. And the mental body does too?

J: Well, yeah. Now it doesn't have to, but it usually will take on that because it will help us to feel more comfortable with it ourselves and it also helps other people to realize who it is they are communicating with.

K: O.K., then and so the soul body is the same.

J: Yep. Now the soul body is a little bit different in the sense that it encompasses a great deal more than just this lifetime. Where the emotional body and the mental body and the physical body all incorporate this particular lifetime and the registry of what goes on in this consciousness. The soul body encompasses a great deal more than that and so it will take on whatever incarnation that suits whatever purpose it is trying to deal with at that time. And if you are in embodiment at that time, it will usually register as that embodiment on the soul level. But it also can take on different embodiments of different past lives. After this is what happens - sometimes with our guides - when we think we are communicating with a guide from a different plane, it's actually a part of our own soul in another lifetime.

K: So does the soul body radiate the same type of colors?

J: Uh...there...yeah. It registers a lot of different colors. It's not just one color. But you can see the person's soul development by the color - just like you can see the mental development or the emotional development by the colors in those different bodies. You can see the soul development in the person by their soul color.

K: O.K., when we first met in July, you looked at me and said I was having a little trouble getting into all this and that it was a little scary. (Um huh) Was that...what were you looking at then?

J: The astral body. (O.K.) Because you were having a hard time emotionally accepting what was being said and just where it was leading you because it was really a challenge to your emotional security - your emotional beliefs - that had given you the emotional security up until now.

K: Well, is there any change? Obviously there's a change...

J: Oh sure, that's why you went through what you did with Philip and made the change to a new level of self-respect.

K: And the soul body is basically spiritual?

J: Yeah. Well the soul body actually records all the events of the astral and the mental bodies because that's where it is learning from. In other words the soul is embodied into this physical realm to learn - to deal with karma, to learn what it can about the emotional nature, the physical nature, the mental nature - and then it takes this knowledge back unto itself to utilize again in another incarnation. So where the physical body dies, the physical, the double etheric, the emotional, and the mental bodies eventually all deteriorate - the soul body never does. The soul never does. It changes but it doesn't deteriorate.

K: But it still, usually on any other plane, still looks like the physical body so you can recognize each other?

J: Well, that's tricky. There's very few people that really even utilize the soul body. Even at death when you die, you don't utilize the soul body consciously. What happens is that when you die, you go over and you live in your astral body for a while. And eventually, if your development goes well in the astral, you might move into the higher levels of the astral or even into the mental - it just depends upon how long it takes to deteriorate, as to whether you get to the soul level of your body before you reincarnate again. Very few people really get to that level.

K: So most of the decisions of where, when etc. to come back are not made by the soul body?

J: Yes, they are usually made by the soul body but not where the former incarnated part of the soul has any awareness of it, usually. See, that's the problem. The soul is usually functioning 100% of the time - being aware of what is going on - what we are having to deal with - making decisions about what we are going through. But we're not ever aware of it. But the soul does make all those decisions. And what we're trying to do as a mystic is to become 100% aware of the soul activity so that we live in the soul and not as a part of it.

K: O.K., I guess. (laughter) Yeah, I think I understand.... So the soul makes the decisions but the astral, mental, whatever are not aware of that. Are you talking about when a person comes back and remembering past incarnations or things like that.

J: Well, that's mainly because that individual in another lifetime, through meditation and study, has in a sense learned some of the etheric webs between the different dimensions to where information can flow more easily into the conscious mind of the individual at that time.

K: I see. I guess...(laughter) Well we have spent 29 minutes on the first question. I guess that's it except to ask how we can make a layman understand this. Do you have anything to say about that?

J: I don't know what else I could really say, right off. It might be good for you to type up what we have said and then as we go over it you can come up with questions. Because you are the one - really - learning all this, and as we get how you can understand it the best, then that'll be the way to bring it out in the book.

END OF SIDE 1

K: The seven universes - you mentioned that there are at least seven.

J: Well, right now, that I know of, there are seven physical manifested universes at different levels of creation. Some are much older and maybe one or two might be younger than ours.

K: Have you been there?

J: No, I have been outside of this one and looked back on them but I have never really been to other universes, really. Now by universe, I mean really a large, large expanse. When astronomers talk of the expanding universe, that is just one of the seven and there are six others like that outside of this one.

K: So they are similar to this one - is that correct?

J: Right. No wait a minute - I'm assuming that. I'm just assuming that. I don't know - I have not been there. But I would assume that they are.

K: I thought you said that you've been out of this one and seen those.

J: I have seen them but I have never experienced them - I've never been in them.

K: So they look like they might be the same. (Yeah.) You were speaking of the other creations - Did any of the creations skip Kaal or the time-space thing.

J: Kaal didn't create the souls or the angels or any of that. He didn't have that much to do with the physical creation but the fact remains that he is now the ruler of it. So everything in the created world really is a part of God. God really created it in his own way. This is really a hard one to explain.

K: What I think I am trying to ask...and I think I understand what you are saying

is that God created - did the creating, up to and including Kaal. Go back to the seven universes and I guess what I am saying - Is Kaal only in this one.....

J: Oh no, He oversees all seven.

K: Well, as far as time and space goes, are there any that are closer to true God-like creations? See what I mean.

J: O.K., yeah. ...I'm sure that there are because at one time even this universe that we live in and the physical world that we live in today was much closer at one time to the creator than we are today. And in that closeness, we were much more at one mentally than we are today.

K: That was before Kaal?

J: That was after him, but it was at a time in which, because it was in the new part of creation, the vibration had not gotten dense to where we really could remember much easier and see more easily as to where we actually came from. Then as creation has continued, things have gotten more gross and dense and so we've lost our sight of where we really came from.

K: So, does that go back to the experience on Sirius. You at one time said that when everybody was there, we had gone pretty much past the physical into the mental...

J: Yeah, we had really bypassed the physical and the astral and we were more into a mental realm. If the physical creation goes properly - is conducted properly and doesn't destroy itself - eventually the vibration of the consciousness gets so high, that it no longer really dwells in the physical body. It dwells more in the astral body and that becomes the densest level of its existence. So after

a while the physical body no longer needs to exist as we have it today - because we don't really live in it - we live in the astral. And then to continue onward, you can finally end up living in the mental realm and no longer need even the astral body. The mental body then becomes a physical body.

K: Now that's what you said happened on Sirius. (Yeah) How long did that take?

J: Wheez, I don't know - I'm sure eons of time, I have never been told that. But just looking here and seeing how long it has taken humanity to get anywhere, I am sure it took quite a long time.

K: Why, when we came here did we have to start all over?

J: We didn't . What has happened is, because we came into a physical realm once again where karmic attachments and physical attachments and desires are much more manifested - many of us got caught up in that and lost some of the vision of what we actually came here to do.

K: And that's why it's taken so long?

J: To some extent, yeah.

K: But then of course if we are talking time-space, it was only yesterday.

J: Right. Also you are dealing with trying to change the whole evolutionary pattern of humanity and when you do that it doesn't happen overnight - it happens very, very slowly.

K: You said we didn't have to start all over when we came from Sirius...

J: Well, we didn't have to start all over in the sense of going into the physical body for the first time and experience it and learn to deal with the emotions connected to the physical - we had passed it. That's why those souls that came into this realm from other worlds, like Sirius and Clarion and all this, they were considered Gods among those whom they came in to teach. They had wisdom beyond those that they were teaching. So then they became Gods.

K: And I bet that's what happened and that's how they got caught up?

J: Some of them. Some of them got caught up in the ego of that. Some of them got caught up in the emotional nature, by either getting caught up in sex or getting caught up in the control of people through the emotions.

K: (laughter) I'm seeing my aura out two yards again. But we still had to go through the process of rock, plant, etc.? Evolution through everything.

J: Yes, but not when we came into this realm, no. We had already gone through all that. We came here to be more of use to this part of the universe as teachers and we could not really be of use that way. We and already gone through that so we don't need to go through that again.

K: That's what I thought! But we didn't go through that here.

J: No, we went through that elsewhere.

K: Now, where did we go through that?

J: On Clarion around Sirius.

K: O.K., I was waiting for you to send me off to another universe - another star or something even before that one. So that's where we all came from.

J: This group, yeah.

K: And you had mentioned that other people started on Orion and that's part of the problem, etc. and so forth. We don't have to go into that. Go back to "closer to true God-like creations" - you said that at one time we were.

J: Well, you see when the universe first came into being, it really hadn't a full physical manifestation yet - it was more living in the mental realm at that level because that was our lowest point of evolution at that time. We were still much more consciously close to the God-self, to the soul-self than we are today. Now we have the physical body, the emotional body and the mental body all blocking our view of the soul - of God. Where back then we only had parts of the mental body blocking it so it was much easier to look back and say, "Oh, there we are. That's God there. That's where we really came from." Now we have all this other stuff to look through in order to see what God really is. And that's the problem. So at one time we were closer to God-like creations. In a sense that's what the Garden of Eden is all about. In a sense it's an allegory - Adam and Eve - in one way it was two people but it's also an allegory. It's trying to teach the fact that at one time we were closer to creation and we were closer to being God-like. And as we got more involved in the physical world - the emotional, mental and the physical realm, we lost sight of our true reality.

K: O.K., well now I'm confused again. (That's good) I know. I'm confused about a couple of things - you said we didn't have to do that when we came here because we had gone through the physical, etc. on Clarion. Then you said that when everything was created we didn't have the physical - we were mental.

J: O.K., when the physical universe first came into existence, that's right. Just like in any creation - it took time for the physical stars and planets all to come into being.

K: When we were on Clarion, we were mainly mental...

J: We went through a process of physical embodiment, emotional embodiment and mental embodiment, right.

K: To get to the mental? (Right) O.K., I got confused and thought that...

J: See, as we came into this realm of the physical universe, we enter into it through the mind - through the mental attachment. Then we go into the astral and then into the physical and then we have to work our way back out.

K: So we had done that when we were up there? (Yes) O.K., what happened to Clarion?

J: Well, it's still there - it's just not a physical embodied planet. But it used to be eons ago.

K: O.K., page one. The Stalin question. "Didn't do it as a mystic but as a physical being with physical desires." Do you say that you are a mystic?

J: Well, I feel that I am. I'd rather call myself a mystic than a psychic anytime.

K: Does this mean that you are not a physical being with physical desires?

J: Oh no. Just because...by mystic that just means that you have more awareness of different levels of being than a person who is more physically oriented. It

doesn't mean that I don't have physical desires or that I am not a physical being. It just means that my mind is focused at a different level of awareness and that I have broken some of the veils keep you from actually seeing beyond the physical state. But that doesn't mean that I don't deal with the emotional body and the mental body and the physical body. But what I meant there was the fact that Stalin was not a mystic - he did not have awareness - but Hitler did.

K: And that's what made it so much worse for Hitler? (Right) Would you just define mystic for me in your sense.

J: To me a mystic is one who contemplates and meditates upon God. He meditates upon God and in that meditation receives wisdom of the different levels of creation and comes to an understanding of those creations. To me that's what a mystic is. I don't know how else to really describe it.

K: The soul-mate thing. Eventually they do come together in perfect harmony and reach spiritual perfection together. Would you please explain that further and do you know yours in this lifetime?

J: Oh yeah, yeah I do. But on this I am still going through some battles within my self because I am still trying to figure out - I know now - I feel I know now, that somewhere that union has got to come about and when that union does then there has to come about an embodiment at some time in which the soul comes back in one embodiment, but expresses both natures - both masculine and feminine in one embodiment. Not physically having both sexual functions, but expressing emotionally and mentally those two natures within one embodiment. I'm not sure I can even give a good explanation yet because I am still going through some new understandings of it myself right now. What is it you want me to explain a little more about, soul mates?

K: In the Coptic tape you said something about twin flames and something about soul mates.

J: O.K., twin flames are two separate souls that harmonize well together and lend aid to one another and grow. They will often incarnate time and time again and they have just become known as twin flames.

K: Would that be something like Lynne and John?

J: Yeah, I guess that would be a good way of putting it. And then a soul mate is actually - see I'm dealing on this now so I'm not sure. Let me leave that empty right now because I'm not sure. I don't want to give a definition on that definitely until I know.

K: Is your soul mate Cleora?

J: Not really, no.

K: Jesus was a living saint - the word of God incarnate. Was Mary Magdeline?
(No) How about David and Bathsheba? (No) If Jesus was different, a living saint, etc., why did he have to go through the evolutionary process? I thought you said Jesus and Mary Magdeline were soul mates.

J: They were. But this is where I am having to deal with understanding. As soul mates there has to be a different level that I have never comprehended. But any living saint, as such, usually, and I would have to say usually because there are conditions where it is different than that - but usually will go through the development of any soul. And eventually as it becomes illumined by its own master, by its own living saint as to its own God consciousness. It has the

right then to go ahead and return back to God. At the time that the living saint passes on, there has to be somebody left here to continue that lineage. So the living saint will actually dedicate an individual to take over that lineage. And that's what happened to Jesus. He had reached God-consciousness, he had reached that illumination and the time had come for John the Baptist to be beheaded and leave the physical body - and John the Baptist gave through initiation the lineage over to Jesus.

K: So living saints do have to go through the evolutionary process.

J: Yes. They're born, they live and they die and they go through the process of becoming a living saint, just as we are right now in the process of becoming living words of God. We may not all become living saints, it just doesn't happen that way - but we will become living words of God.

K: What's the difference?

J: A living saint is one who goes out and initiates other people into a certain path of spiritual development. I am just using this term "living word of God" just to separate it - would be one who has gone to a living saint, received initiation, meditated and achieved God-consciousness in the physical body. But he isn't going out and taking on initiates unto himself.

K: That brings up another question that is not on this list that I wrote down the other day after listening to the Coptic tape. You said something about - you hook up with the same master in four lifetimes...

J: Well, no, this I don't know for sure. You hook up with a master who is a living word in four lifetimes. I don't know that it's the same - I doubt that it would

be the same.

K: Oh, I thought it was the same and what I was going to ask you is, is your master or living saint the reincarnation of Jesus?

J: This I don't know for sure. See, when you get to the level of a living saint, there no longer is the personality factor, even at the soul. It's more like just a huge mass of God-consciousness - a huge mass of energy that then expresses through that individual. So, you could have aspects of Jesus, you could have aspects of Kabir (1500s) - it would just depend and I don't know that I can really say for sure that the soul of Jesus would actually incarnate back again and become another living saint. You could probably find the soul of Jesus through another living saint, o.k.? See, this is what I am dealing with - the soul mate and all this - this is what I am really dealing with and once I come to some understanding, I'll be able to describe it better. You know all these questions you have given me are making me deal with things on a higher level than I normally would have done.

K: Well, good - I guess that's good. (Yes) Since Sirius or Clarion or whatever it is is part of the physical universe, is that experience going on right now also - the time-space question.

J: Well, but not in the physical body sense - it's still in the physical universe. It's a mental realm and that level of the development is still going on.

K: So there are people still there?

J: Right. What happens now is that souls from other parts of the universe that have evolved to the point where they can live in a mental realm will go to Sirius or

or to Clarion to experience it because maybe on their planet it's very caught up in the physical and the emotional nature and they can't really experience it properly in the mental.

K: Well, have we ever done that?

J: Oh yeah. We go from planet to planet sometimes to experience different levels of growth. I don't know if all of us have done that...

K: I want to know if I have.

J: Well, yes, I think that you have. I think that one reason why you came here with the group is that you wanted to learn more about physical love and love in all perspectives of itself. And that's one reason why you came here, not just to be of service but to learn also.

K: So you think we've been to other planets?

J: Oh yeah, I'm sure we all have.

K: Where?

J: I don't know.

K: Well, let's find out. That's exciting.

J: Like in the astral universe, there's all different levels - there's millions and millions more times planets, inhabited planets there than there are here in the

physical universe. When I talk of the astral and mental universes they all incorporate in the bigger plan of the real physical universe. I guess I should call it physical realm, astral realm and mental realm within the physical universe. That might be a good way to put it.

K: So like Clarion is a mental planet, or would you say astral planet?

J: Well, it has a physical expression in the sense that there's a physical planet there.

K: I thought you said that there wasn't - that you couldn't see it.

J: No, you can see the planet - you can see Sirius and you can see the planet around it. But the souls do not live on the physical planet. They used to.

K: But it's not an astral planet - it's a mental planet. (Right) What do you remember about Sirius? Was the evolutionary process different there than from here? How was life different?

J: I don't think it was that much different there. Evolution has to be the same pretty much equal, throughout the universe in order for all souls to come to equality. Now at some levels of the universe there may be fewer blocks, mainly because of the way karma develops on that particular planet. For instance this planet has developed a lot of heavy karma because of the influx of so much outside of its own evolution, such as those coming from Sirius and from Orion and all - coming here, in a sense to help, has actually caused a greater conflict of the positive and negative here than maybe you would have had on another planet that hasn't had that happen. And there's heavier karma here than say on Sirius because of the wars that have developed and all and some... END SIDE 2 OF TAPE

K: I've forgotten where we were. Evolutionary process on Sirius - you said it was more mental, which I guess means...

J: Well it is now. You see I never really had the full experience of that so I don't know yet. That I am asking about but they are giving me all the other things first, before I get to that point. So, I really can't comment on it until I've experienced it.

K: Well, I think I know the answer to this one - In the physical universe or universes, where are there more evolved life forms or energies - what stars, planets, etc.? Obviously Sirius is one, or Clarion or whatever.

J: See I really don't know. I can't pinpoint a lot of the different ones because I really don't know.

K: And I guess Mars would be one because it's astral.

J: Well, no because they're evolving really downward. They are preparing to become more physical. Remember I said that there's an evolutionary process of coming down - you go through the mental, the astral into the physical and then you work back up again. So they are in the process of coming down.

K: Why is that? It has something to do with the star, doesn't it = the six pointed star?

J: You've got me there - what do you mean?

K: There's the two triangles.

J: Well, yeah. One would represent the downward flow and the other would represent the upward flow.

K: O.K., this is the one that everybody cracked up about when they read it... The ultimate is to let go of the emotional and mental. How would I be able to do my job if I let go of the mental? Maybe I don't understand what you mean, "let go." Or is that way down the evolutionary path and now is the time to deal with letting go of the emotional? And if the highest truth is "love" how can that be expressed without the emotional?

J: That's where the law of detachment comes into effect and the impersonal love is really the truer love - the closer love to God than the personal love. And you really cannot experience the impersonal love until you do conquer the emotional level to some extent.

K: I've been trying that. The Coptic tape and the detachment business set me off. The empathy - sympathy. And that's been fun.

J: Just because you have let go of the mental body or the mental realm doesn't mean that you can't function through the mind. The mind can still function but you are no longer attached to it - it no longer controls you. Just like when you finally conquer the emotions, you can still experience emotion but you don't have to live in it - you don't have to be a part of it and attached to it.

K: I don't understand. How can you experience it and not experience it? Emotional.

J: Through detachment. Most of the people that experience the emotional level are attached to the emotional level - they are attached to those emotions. And so they experience them - they do not understand them, they just live them. Through

detachment, you learn what the emotion is all about and you no longer allow that emotion to control you, you control it.

K: So that's part of the evolutionary process of the emotional - astral? (O.K.)
And so the in the mental - the part about my job - the same thing is true. (Right)

J: For instance when I'm doing me writing and I'm letting them come through me - what I am doing is detaching myself from my mental being, from the emotional and the mental being, and allow them to work through those vehicles, rather than me do it. They come through and utilize the mental body of my being.

K: It's not something like automatic writing, though.

J: Oh no. Automatic writing is where you actually allow somebody to come into your physical body and maneuver your hands and they write through your hands.

K: Oooh, and you said don't said don't ever let anybody do that.

J: No. That's lower astral activity. What I am doing is allowing them to use my mental body, to express through.

K: And how would they express it? Would they just tell you?

J: Yeah.

K: The same thing we've talked about over and over. What you see, what you feel, all that. Did it take time to develop that?

J: Oh yeah. It didn't happen in just one lifetime either. It's a matter of a number

of lifetimes through meditation and learning what the...and really overcoming the emotional and the mental bodies.

K: Could you do it last time? As Gandhi?

J: Yes. See this is a nature that I developed eons ago and have utilized in many many lives.

K: As John, obviously. As Isaiah. (Right) Is John of Avilla correct?

J: I don't know for sure on that one - I have not been told on that one yet. I'll give to one if you want to begin research. The one just before Gandhi was Shelley.

K: Percy Bysshe? Really! (yeah) Hee, hee. Who was Mary? Your wife?

J: Well I had several back then.

K: Oh, how exciting. But Mary Shelley wrote Frankenstein.

J: I know of one of the wives - I knew her in San Antonio. We were together for about three years. The others I think I know but I'm not real sure - I've never asked to find out.

K: That's neat and exciting. Do you like that one?

J: Oh, I enjoyed it. It was nice to go back. In that one I was dealing with - I don't even know if you are going to find that written up anywhere...but if you really read the writings of his closely, you'll see that he dealt a lot

with sexual response - the sexual energy of man - and with the feminine nature of man. He was really trying to present the idea of a liberated woman. He was also trying to defend the equality of the sexes and also help man not feel guilty about his sexual response in life. If you really read his writings I think you would find that that was what he was trying to accomplish at that time.

K: That's exciting. Have you come up with any more for John or me or anybody?

J: I'm working on it. In the life during Louis XIV I've got the whole story now of my Mother. And as that unfolds, everything else is falling into place.

K: Do you think I've been around a lot too? (Yeah) That's exciting.

J: Do you mean in this life or in other lives? * (laughter)

K: (More laughter) I'm not sure I'll type all this tape, though. (more laughter) I told Lynne one time - this is funny - the one, you know you told me about in Spain as the nun? (Yeah) I said, "Boy I sure have made up for that one in this one." (laughter) That's terrible.

J: That often happens though. When you suppress in one lifetime energy, a lot of times it will be overly expressed in another lifetime. That's very, very true.

K: In high school I wrote my senior term paper on Mysticism in Keat's Poetry. And of course Keats and Shelley and Byron and all that crowd hung out together. Do you know who John was back then?

J: I may have it written down I don't know right now. The paper just shows that you

some inkling of where you were headed.

K: The library has a couple of time lines for me which I'll pick up tomorrow and send to you as fast as I can.

Let's see - Masters and Living Saints - wherever you confront them they are just light. What if I were to confront one - what would I see? Is it only seers who see the light or would everybody?

J: There what I was atking about was on the inner planes and I meet someone there. I ask them to reveal their light - by that I mean reveal the wisdom of your soul to me. And in the quality of the light is how I tell where they're at. The whiter and brighter the light the higher the vibration, the brighter the light the clearer the light the more I know I can learn from them.

K: You said something in the Coptic tape too - you said that you test it, that you see if it attaches to God.

J: Well, I test it with my light. And I ask them - you know if their light is dimmer than mine then I don't pay any attention at all usually. If their light is equal to or brighter than mine, then I will pay close attention to what they have to say. If their light is dimmer than mine I will listen but will weigh very carefully what is said.

In the physical, you don't see that light physically - you see it with the spiritual eye. If you are somewhat spiritually aware, you may see the light then around the body. They don't radiate a physical light for everybody to see because that's a soul light and it's up to the aware soul to see it and respond to it.

K: That reminds me - Chuck said that you taught a course on colors and meditation or something (Right) Do you have a tape of that? I think it would be neat to

be able to see an aura - mine or someone else's and I don't know how to go about doing that.

J: Isn't there something that I've already sent you about color? (No) If there isn't I will try to get you something on color.

K: The four lives - I ask you this before but I want it on tape - that a living saint says you have to live before liberation...Do they have to be consecutive?

J: I don't think they do. I don't think that they are often consecutive. They may be but I just don't know for sure. Matter of fact, I am going to write Charon Singh on that question and ask him if they are always consecutive or if there may be variances of time between the different attachments to a living saint. I have a feeling that there's a variance of time. I don't think that they always are.

K: Charon Singh is the guy in India and he's a living saint? (Right) You have mentioned him often and at one point you said that you were not going to tell me who yours was, so he obviously is not yours?

J: Well, I can't say that he is or isn't. I have not taken initiation with him but he does guide me a great deal on the inner side - and that's why I write him all the time. Of all that I know of on the physical planes right now, he is the one that I give homage to and pay most attention to on the inner planes because he is the one who has unfolded the most to me. He and his master who was Baba Ji - Baba Ji is now on the inner planes. So it's that lineage that I tend to bow to the most. Now whether I will take initiation with him or not, I don't know yet.

K: Now, Mike Wunderlind, I understand has. (Yes)

O.K. now, what is Bobby Kennedy doing on Mars?

J: I don't know whether he is still there or not because that was so long ago. But when I was there, and from what I can gather as I heard the conversation only very briefly, they were talking about a section of the library that they were expanding and he was helping them to expand a certain area of political science in that library.

K: O.K., who else is there or was there?

J: Ralph Houston is probably just about finished there now. (Houston was from New York)

K: I think the answer to the next question is that they do not have to start all over in the evolutionary process of Mars.

J: No, no, no. What they do is they go there voluntarilly to be of service to help it's evolution along.

K: And therefore, he doesn't also have to be born if he's only going to be there 13 years.

J: Right, because it's an astral planet and so you just go there in your astral body to express.

K: It's an astral planet getting ready to be physical if I understand you correctly.

J: I don't know if it will be a physical planet but they are getting the souls ready

to go to physical planets. Either here or maybe another physical planet.

K: And then the last question is the one everybody flipped on - the Thomas Jefferson question.

J: Well you know that answer. (Yes) The Robert E. Lee, I have never picked up on.

K: Do you have any more other than Shelley?

J: Well I'm working on the Louis XIV and if it unfolds properly then everyone will be involved in that too.

K: Is everybody involved, do you think, in the Shelley one?

J: No, not everybody, but there's a couple I think that are.

K: Anything else you want to talk about?

J: No, not right now. I'm really having a hard time getting started on this book with the 18 million years ago thing. I block everytime I sit down to write about it. So what I may do is that I may sit down and start a tape and I may just ramble - I'll send it to you and you can type it up and at least maybe I can get through my block - I don't know why but I'm just really blocking on it.

K: Any other lives? Way back - Bible times etc. I notice you quote Genesis a great deal of the time. Is there any reason for that?

J: There's just a lot of truth in it. It was written by Moses.

K: Nobody in Rome? I guess really that's good.

J: Yes, because Rome was a totally physically oriented society.

K: Those people probably all came from Orion, right?

Discussion about Sister Liz coming out there tomorrow. Bye.

K: Do you know any more about the Shelley life now? Wives, Lord Byron?

J: Yeah, I know who they were. I know them now but the people that were in that part of my soul life really aren't up in that area. They're more down here. That's a whole different group of people.

K: You have a little time in between Shelley and Gandhi. Were you Ramkrishna Paramansa?

J: Oh no, I wasn't Ramakrishna.

K: It fits.

J: It might fit but I wasn't.

K: Another weird one that came to both of us at the same time (Cleora and I). Were you Lao Tse?

J: (laugh) Yeah. How'd you get that? She started talking about China and she started saying something about that and immediately it came to my mind - not Confucious or any of the others but Lao Tse.

K: That's amazing - you are the first one who has ever picked up on that. That's really amazing. You are the very first person. I've known that since I was a child - 5 years old. I was with my Mom and we were at the library together and we walked over to this one section and I took this book off the shelf and showed it to her and said, "Mama, I wrote this book." My mother looked at me like you know, Oh sure. And she thought I had written in it so she tried to look through

it to find what I had written. And finally she said, "What do you mean?" I said, "I can remember writing this book." And she said, "That's interesting" and she put it back.

K: Did she ever remember it later?

J: Oh yeah, she wrote it down. I had a baby book and she wrote it in that and a few other things.

K: Cleora said that she had thought about that too. She said she thought she knew the time period, and I said, "Before we go to the time line, I just want to say what I think."

K: She mentioned somebody named Zoser. Who was that?

J: You know the complex of Zaccara in Egypt? (No) O.K., well Zoser was a Pharaoh and he's the one with Amenhotep in Egypt who built the step pyramid in Egypt.